

STEPS IN RETAINED HEAT OVEN CANNING ON A CHAMBERS RANGE

IMPORTANT: On any Chambers Range equipped with oven heat control, you can follow any standard oven heat control directions for oven canning. In addition, you can use the retained heat method of oven canning described in this folder, if you prefer. We recommend the retained heat method as a labor and fuel saver.

1. Be sure that the food to be canned is fresh and perfect.
2. Clean and prepare as for any other canning of that particular food.
3. Wash, clean and test rubbers and jars, and place rubbers on jars. It is always safest to use new rubbers each year.
4. Pack foods into jars. Add liquid, if any is used.
5. Put on the tops, and partially seal according to the type of jar and top used.
6. Set jars in large shallow pan or tray, with at least 1½ to 2 inches between jars in every direction. Use no water in trays.
7. Place in oven. Set heat control at temperature specified in the following table for that particular food; light gas, and turn on full.
8. Turn off gas for retained heat cooking after the number of minutes specified (Gas On) in the following time chart.
9. Remove from the oven at the end of the "Retained Heat" cooking time.
10. Complete the sealing while hot. Invert jars for 5 minutes after sealing to test for leaks, being careful that jars are not in a draft. Do not tighten screw tops after jars have cooled as the seal may be broken by so doing.
11. Label jars with name of food, together with canning date. Store in dark, cool and dry place.
12. Heat all meats, and non-acid vegetables such as corn, beans, greens and peas, for at least 10 minutes (in an open vessel) before serving. Even if the canned food is to be used cold, heat and cool again.

NOTE: The number of jars placed in the oven at one time does not affect the temperature. One jar or a dozen may be canned at a time.

The following processing instructions apply **ONLY** to CHAMBERS Retained Heat Ovens. It is impossible to can in any other oven with these short gas burning periods.

ABBREVIATIONS: t.—teaspoon; T.—tablespoon; min.—minutes; hrs.—hours; qt.—quart; pt.—pint.



OVEN CANNING

by the

RETAINED HEAT
M E T H O D

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"Cook with the Gas Turned Off"

CHAMBERS OVEN CANNING CHART

FOOD	LEMON JUICE per qt.	SALT per qt.	PROCESSING			PREPARATION
			TEMPERATURE (degrees)	GAS ON (minutes)	RETAINED HEAT (Gas Off)	
FRUITS						
Apples			425	15	20 min.	Wash, peel, quarter, core and cook 3 minutes to reduce bulk, in just enough water to cover. Sweeten (3 T. sugar to 1 qt.); while still hot pack tightly in jars; process.
Apricots			425	20	20 min.	Wash, but do not peel. Cut in halves; remove pits; pack in jars with cut side down; add boiling syrup; process.
Berries Currants Grapes			425	20	20 min.	Wash; stem; pack in jars; add boiling syrup; process.
Cherries			425	20	15 min.	Wash; stem; pit; pack in jars; add boiling syrup; process. Will be firmer if allowed to stand 12 hours before packing in jars.
Peaches			425	20	20 min.	Wash; peel; remove seeds; pack in jars cut side down; add boiling syrup; process.
Pears			425	20	20 min.	Wash; peel; drop in salt water until ready to pack; cut in halves; core; pack in jars; add boiling syrup; process.
Pineapple			425	20	25 min.	Peel; remove eyes; slice or shred; pack in jars; add boiling syrup; process.
Plums			425	20	20 min.	Wash; prick skins in 3 places; pack in jars; add boiling syrup; process.
Rhubarb			425	20	20 min.	Wash but do not peel; cut into 1-inch pieces; pack in jars; add boiling syrup; process.
Strawberries			425	15	10 min.	Wash; stem; put in kettle; cover with boiling syrup; let stand over night; bring to boil; pack in jars; process.
SYRUP: 1 part sugar to 2 parts water; boil 5 minutes. Pour boiling syrup into jars of fruit, leaving 1½ inches without syrup at top; this prevents cooking out during processing. If all berries and cherries are cooked in syrup and allowed to stand over night (see strawberries in chart); reheated; packed; and processed; they will be evenly distributed throughout the jars.						
VEGETABLES						
Asparagus	1½ t.	1 t.	450	20	2½ hrs.	Wash; put in bundles; place in jars, tips up; add salt and lemon juice and boiling water; process.
Beans (Green or Wax)	1½ t.	1 t.	450	25	3 hrs.	Wash; string; cut in 2-inch lengths; pack in jars; add salt, lemon juice and boiling water; process.
Beans (Lima)	2 t.	1 t.	450	25	3 hrs.	Shell; grade; wash; pack in jars; add 1 T. sugar per qt., salt, lemon juice and boiling water; process.
Beets	1½ t.	1 t.	450	20	2½ hrs.	Use small beets, leave 1½ inch of stem on; wash; boil 15 min. until skins slip; peel; pack in jars; add salt, lemon, boiling water; process.
Broccoli Brussels Sprouts	1½ t.	1 t.	450	20	2½ hrs.	Wash; pack in jars, pressing tightly; add salt, lemon and boiling water; process.
Cauliflower	2 t.	1 t.	450	20	2½ hrs.	Soak head down in cold water (1 T. salt to 1 qt. water) for 1 hr.; this removes insects and prevents discoloring; pack in jars; add salt, lemon, boiling water; process.
Corn	2 t.	1 t.	450	25	3 hrs.	Wash and scrub; scrape off cob; pack in jars; add salt, lemon and boiling water; process.
Carrots	1 t.	1 t.	450	20	2½ hrs.	Wash; scrape; slice or if very small pack whole in jars; add salt, lemon, boiling water; process.
Greens (Spinach, Swiss Chard, Kale)	2 t.	1 t.	450	20	2 hrs.	Wash; heat or steam 15 min. to reduce bulk; pack in jars; add salt, lemon, boiling water; process.
Mushrooms	1 t.	1 t.	450	20	3 hrs.	Wash; peel; steam or heat 5 min.; pack in jars; add salt, lemon and boiling water; process.
Peas	1 t.	1 t.	450	25	3 hrs.	Wash pods before shelling, but do not wash peas afterward; grade, keeping sizes separate. Boil 3 min. in water to cover; pack in jars; add salt, lemon, boiling water; process.
Pimientos	1 t.	1 t.	450	20	1½ hrs.	Wash; heat in oven for 10 minutes for easy removal of skins; pack in ½ pt. jars; add salt and lemon and NO water; process.
Pumpkin		1 t.	450	20	3 hrs.	Wash; peel; slice; cook in very little water until tender; pack; add salt and NO water; process. Pumpkin may be cut in two and prepared for canning in the oven with 20 to 40 min. gas and 2 to 4 hrs. retained heat; it will then scrape out of skin readily; pack and process.
Sauerkraut			450	20	2½ hrs.	Pack with NO salt or water; process.
Sweet Potatoes		1 t.	450	25	3 hrs.	Wash and scrape uniform size potatoes; cook 5 min.; pack without using fork; this prevents discoloring; add salt but NO water; process.
Tomatoes		1 t.	450	20	20 min.	Wash; scald; cold dip; peel; core; quarter (if small, pack whole); pack tightly in jars; add salt but NO water; process.
NOTE: Pour boiling water on vegetables to only 1 to 1½ inches from tops of jars, to prevent boiling out while processing.						
MEATS						
Beef Lamb Pork Veal		2 t.	450	25	3 hrs.	Use meat that has cooled for at least 24 hours. Pack in jars; add salt; use NO water or other liquid; process.
Chicken Duck Turkey		2 t.	450	25	3 hrs.	Dress at least 24 hours before canning; cut in pieces; pack in jars; add salt; use NO water or other liquid; process.
Deer Rabbit		2 t.	450	25	3 hrs.	Cool at least 24 hours; soak in brine (2 T. salt to 1 qt. water) 20 minutes; pack; salt; use NO water or other liquid; process.
Fish		2 t.	450	25	3 hrs.	Wash, dress, scale and cut in pieces; soak in brine (2 T. salt to 1 qt. water); pack in jars; salt; use NO water or other liquid; process.